



## Self empathy questions

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- What am I thinking and feeling?
- What are the possible reasons I have reacted in this way?
- How can I be understanding and kind to myself in this situation?
- How can I accept my emotions are valid?
- How can I empathize with the other person, whilst maintaining my own boundary?

## Other empathy questions

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- What might this person be thinking or feeling?
- What are the possible reasons behind their actions or behaviours?
- What information or context might I be missing that could help me better understand their point of view?
- How can I seek to understand their perspective without judgement?
- How can I accept that their emotions are valid, even if I don't relate to their experience or perspective?